

Green Lima Bean Casserole

Helen Straub

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

*3 tablespoons butter,
melted
2 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
1 cup sour cream
4 cups green lima beans
1/2 medium onion, grated
8 ounces Cheddar cheese,
shredded
1 tablespoon butter
1/2 cup cornflakes, crushed*

Preheat the oven to 350 degrees.

In a saucepan, combine three tablespoons of butter, flour, salt and pepper. Cook over low heat for several minutes, stirring constantly. Remove from the heat.

Stir in the sour cream. Fold in the beans and onion gently. Spoon into a two-quart baking dish. Cover the top with cheese. Dot with one tablespoon of butter. Sprinkle with the cornflake crumbs.

Bake for 30 minutes.

Per Serving (excluding unknown items): 315 Calories; 28g Fat (79.9% calories from fat); 11g Protein; 5g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 689mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat.